



# Healthy Bones, Healthy Life

Join American Bone Health ambassador Shelley Powers to learn how to preserve, build and protect your bones. Get answers to questions about osteoporosis, risk factors, diet and medications.

## Bone Health Talk Outline:

- What is osteoporosis?
- What are the risk factors for osteoporosis?
- What tools are used for diagnosis?
- How can you prevent bone loss?
- How do you prevent falls and fractures?
- What are the treatments for osteoporosis?

Immediately following the bone health lecture, physical therapist Jennifer Barnett will present information on the new Better Bones & Balance class for those 50+. The evidence based exercise program is designed to gradually improve the strength and balance of adults, allowing them to avoid falls and maintain independence.

**When:** Tuesday, 6/3/14, 10:00 a.m. – 11:00 a.m. or Wednesday, 6/4/14, 7:00 p.m. – 8:00 p.m.

**Location:** Sunnyvale Community Center, Senior Center, Laurel Room

**Speakers:** Shelley Powers, American Bone Health Peer Educator Coordinator and Jennifer Barnett, Physical Therapist

**Fee:** No cost. Sign up for this lecture by calling (408) 730-7360.